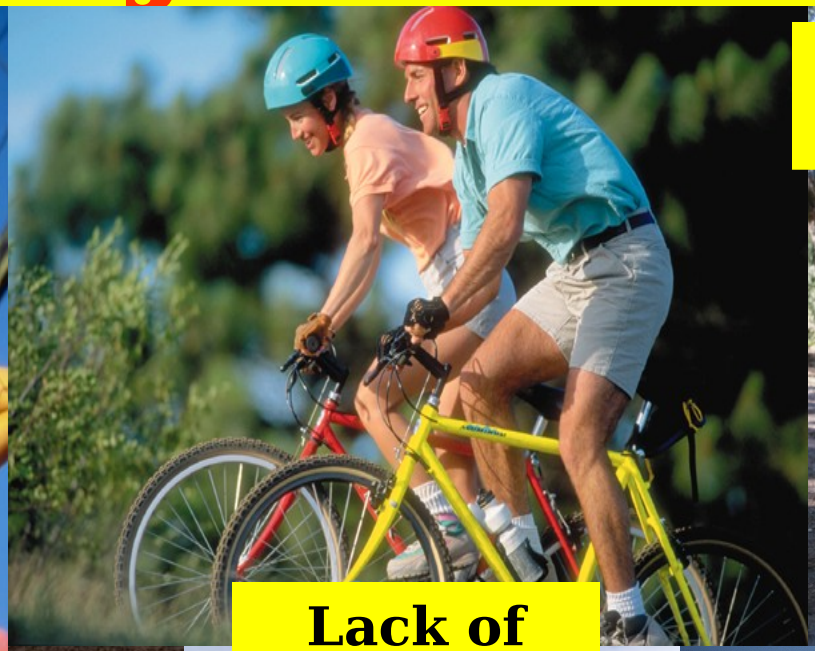
CAUSES OF SPORTS INJURIES

Violation of rules



Lack of PPE

Poor conditioning

Inadequate ability/skill

No warm-up/cool down

WHERE ARE INJURIES OCCURRING?

FOOTBALL

BASKETBALL

SOFTBALL/BASEBA

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FLAG & TOUCH FOOTBALL

Manage the risks

- » Billed caps prohibited
- » Block between shoulders/waist
- » Do not advance fumbles
- » Rubber cleats/tennis shoes

BASKETBALL

- Appropriate shoes
- Elbow/knee pads
- Mouth piece
- Remove jewelry
- Warm-up
- No horseplay

SOFTBALL

- **Handgrip on bats**
- **Titanium bats prohibited**
- **Protect spectators - 8ft fence/ bleachers behind backstop**
- **Warm-up/stretch**
- **Rubber cleats or tennis shoes**
- **Collisions - designate center fielder/shortstop**

- **Break-away/safety**